

9 Personal Reflection Story Ideas for Digital Storytelling by Joe Lambert

Character Stories – explore how we love, who we are inspired by, and the importance of finding meaning in our relationships.

Memorial Stories – deal with memories of people who are no longer with us. These stories are often difficult but are emotionally powerful and can help with the grieving process.

Stories about Events in Our Lives

- **Adventure Stories** – revolve around places we visit and adventures we have in our travels.
- **Accomplishment Stories** – stories about achieving goals and understanding defining moments in our lives.

Stories about Places in Our Lives – examine the important places in our lives: our homes, our towns, and our experiences that connect us to our communities.

Stories about What We Do – allow us to talk about our jobs, professions and careers in terms of how we value and find meaning in the work we do.

Other Personal Stories

- **Recovery Stories** – deal with how we overcome great obstacles and challenges in our lives.
- **Love Stories** – provide us with an opportunity to share some of the most meaningful parts of our lives with the people we most cherish.

Discovery Stories – let us reflect on what we have learned and illustrate our journeys of discovery.